

**UNIVERSITY OF VICTORIA
DEPARTMENT OF PSYCHOLOGY**

**PSYCHOLOGY 332 Health Psychology (A01) (CRN 22753)
January 6 to April 4, 2025**

As always, it is my privilege to:

acknowledge and respect the ləkʷəŋən peoples on whose traditional territory the university stands and the Songhees, Esquimalt, and W̱SÁNEĆ peoples whose historical relationships with the land continue to this day

The University of Victoria is committed to promoting, providing, and protecting a positive and supportive and safe learning and working environment for all its members.

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|------------------------|--|
| Instructor: | Dr. Jody L. Bain |
| Office: | Cornett A213 |
| Phone / E-mail: | 472-4491 / jl bain@uvic.ca |
| Office Hours: | M/R: 13:00 – 13:30 ; W: 12:30: 14:00 |

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|--------------------|--|
| Class time: | January 6 to April 4, 2025 |
| | Monday, Wednesday, Thursday 14:30 – 15:20 |
| | (No classes February 17 to 21, 2025- Reading Break) |
| | Classroom: HSD A 240 |

SUGGESTED TEXT: There is no textbook for this course therefore attendance in class is strongly recommended. Notes from lecture are not posted on Brightspace.

PURPOSE: Health Psychology examines the overlapping concepts of health *and illness*. Health may be viewed as a *positive* state of physical, mental, and social well-being that often varies over time. Illness is characterized by signs, symptoms, and disabilities. This course focuses on clinical and experimental findings in studies of humans with minimal reference to research involving animal experimentation. Beginning with an examination of traditional ideas regarding physiology, disease processes, and the brain/mind, a wide selection of topics will be presented that assist in the understanding of the interplay of biological, psychological, and social systems in health psychology.

Prerequisites

Prerequisites for this course are PSYC 201, and one of PSYC 231, PSYC 251, or PSYC 260. Students who remain in this course but do not have these prerequisites do so at their own peril and are not exempt from having to complete the prerequisite courses if required for the degree program. Students are responsible for checking their registration status before the end of the add period. Students will not be added after this deadline. The Add/Drop dates are: 100% fee reduction deadline is January 19th, 2025; 50% fee reduction deadline is February 9th, 2025; last day for course withdrawal is February 28th, 2025.

COURSE OUTLINE: (subject to change as announced in class)

January 6 Introduction to course

January 8 – 16 Health
Health Psychology

Jan. 20 – Feb. 5 Child Health
Adolescent Health
Exam #1 review

February 6 **Examination #1 (20%)**

(NO CLASSES FEBRUARY 17 – 21, 2025 READING BREAK)

February 10 – March 10 Adult Health
Disease and Pain Chronic
Illness
Elder Health
Exam #2 review

March 12 **Examination #2 (20%)**

March 13 – April 3 Mental Health Coping &
Adaptation
Exam #3 review

April – final exam period Examination #3 (15%)
as scheduled by UVic
(April 7 – 25) essential element

EVALUATION:

1. **In-class Discussions:** There will be **five** in-class assignments/projects (2% each). These will be in the format of Group Discussions. They will be held on **January 16, January 30, February 13, February 27, March 20, 2025. (These cannot be made up.)**

TOTAL VALUE: 10%

2. **Assignments:** There will be **TWO** written assignments (10% each).

- a **ONE IS A RESPONSE TO** several topics provided by the instructor on the first day of class. This paper is due AT THE BEGINNING OF CLASS WITH SUBMISSION OF A HARD COPY on one of the dates indicated below. The assignment will involve preparing a short discussion paper using peer-reviewed research (**maximum = five single-sided, double-spaced pages APA #7 format**). Due dates include **January 20, February 10, February 24, March 10, or March 17, 2025. (Choose 1 of the 5 dates).**
- b **ONE IS A PERSONAL OPINION PAPER** that involves preparing a short discussion paper (maximum 5 pages single-sided, double-spaced) BUT DOES NOT require the inclusion of peer-reviewed research. Write on the topic of IMPROVING HEALTH CARE IN CANADA (OR YOUR PREFERRED COUNTRY). WHAT ARE THE PRIORITIES AND REASONS WHY YOU CHOSE THOSE IDEAS. Also include limitations to reaching the goals as well as suggest if there are current initiatives already in place to meet some of the goals. **Due March 3, 2025 or earlier.**

TOTAL VALUE: 20%

3. **Examinations:** There will be **three** short answer examinations (20% each for Exam #1, #2, and 15% for Exam #3) covering information presented in class and via your in- class discussions. Exam #3 is scheduled by the university in the final exam period (April 7 to 25, 2025). Please see essential elements below.

TOTAL VALUE: 55%

4. **Project:** Choose one of the following options.

OPTION A

Major essay: It will involve preparing a discussion paper (8 to 10 double- spaced pages single-sided using APA #7 format) in response to a topic approved by the instructor. **Approval is needed by February 3, 2025. Without the topic approval then no completed paper will be accepted.** You must include 3 references for your topic with the request for approval. In addition, no late papers will be accepted. **Please do NOT rely on social media, blogs, televisions shows (Netflix, Crave, TEDX talks) for your ideas.**

Essay is due: **March 17 (or earlier), 2025.**

TOTAL VALUE: 15%

OPTION B

Experiential Learning Activity: Commencing at the beginning of the term, you will be required to choose a **health**-related behaviour you want to change (e.g., start a diet or stop eating junk food, change drinking habits) and then document your progress with that change through the duration of the course in a diary. Near the end of term you will be required to submit a report detailing the behaviour you choose to target, an overview of your progress and an analysis of these in relation to core concepts you learned from the course and other peer-reviewed resources (e.g., PsycInfo, MedLine). Because changing is not easy and should be done at your own pace, your progress will not be evaluated; what is important is to make an accurate observation of your behaviours and feelings during the project and find strategies to change behaviours. It should be 8 to 10 pages in length and follow A.P.A. writing guidelines. The report must be submitted to Dr. Bain by **March 24, 2025**.

TOTAL VALUE 15%

Note: Students who have completed the following elements will be considered to have completed the course:

- **element a: at least one midterm (February 6, March 12, 2025)**
- **element b: the final exam as scheduled by U.Vic (April 7 to 25, 2025)**
- **element c: 1/1 major project element**
- **d: at least one mini assignment**

POLICY ON MISSED EXAMS:

You are responsible for attending midterms and final exams as scheduled. If you miss a midterm due to **an unexpected or unavoidable circumstance** (e.g., illness, accident, or family affliction), you must send Dr. Bain as soon as possible indicating that you have missed the midterm, and the reason for it within your comfort level of disclosure. You do not need to provide any formal documentation if the reason is for an unexpected or unavoidable circumstance. If you are missing a midterm due to **conflicting responsibility** (e.g., representing the university at a academic, artistic, or sporting event; service in the armed forces or emergency services), then documentation is required prior to the exam or midterm. If the reason for missing the exam is deemed acceptable, then a grade for the missing midterm will be generated by proportionally weighting the performance on the other midterm and the final exam.

Failure to contact the instructor will mean a grade of 0 will be assigned to the missing midterm. **No make-up exams will be scheduled. Students who miss both midterms will receive a grade of “N” in the course** as they will be deemed to have missed too much of the course material to have met course completion requirements.

Final Exam: If you are unable to attend the final exam you must apply to Records Services for a “Request for Academic Concession” (RAC), typically within 10 working days of the exam date. If an academic concession is granted for the final exam, an alternative date to write the make up exam **MUST** be arranged with the instructor. **Any student who does not take the final exam will receive an “N” in this course.**

Failure to complete one or more of these elements will result in a grade of “N” regardless of the cumulative percentage of all other elements of the course.

N is a failing grade and factors into GPA as a value of 0. In accordance with the [University's policy on academic concessions](#), “A student who completes all course requirements is not eligible for an academic concession”. Consequently, students can only request deferrals for the completion of required course components and not for non-essential course components.

Note: You are responsible for materials in lectures you do not attend. Tests and examinations will contain short-answer questions. Missed examinations with a valid reason will be made up at the earliest convenient time. If you miss an examination due to illness, accident, or family affliction, you must notify Dr. Bain immediately. Missed examinations without a valid reason will receive a score of zero. Number grades will be assigned.

UNIVERSITY OF VICTORIA

Department of Psychology Important Course Policy Information Winter Session 2022/23

Accessible Learning

The University of Victoria is committed to creating a learning experience that is as accessible as possible. If you anticipate or experience any barriers to learning in this course, please feel welcome to discuss your concerns with me. If you have a disability or chronic health condition, or think you may have a disability, you may also want to meet with an advisor at the [Centre for Accessible Learning](#) (CAL).

Attendance and Absences

Attendance is important. Students are expected to attend all classes in which they are enrolled. Students may be assigned a final grade of N or debarred from writing final examinations if they fail to satisfy a minimum attendance requirement set by the instructor for lectures, laboratories, online course discussions or learning activities, tutorials, or other learning activities set out in the course outline.

Medical documentation for short-term absences is **not required** (approved by Senate). Students who cannot attend due to illness are asked to notify their instructors immediately. If illness, accident, or family affliction causes a student to miss the final exam or to fail to complete any required assignment/assessment by the end of the term students are required to submit a request for academic concession (see below).

Children and Pets

If you need to bring your children or pet to class, please do not hesitate to do so. It is understood that sometimes this is necessary due to care circumstances. However, please aim to have minimal class disturbance so that student learning is not impacted.

Class Recording and Auto-Captioning Statement

The instructor may record class sessions and those recordings may be made available to all students in the class via Brightspace. If you have questions or concerns regarding class recording and privacy please contact privacyinfo@uvic.ca

Auto-generated captioning may be enabled in this course. Auto-captioning is highly error-prone, especially for specialized terminology and proper names. Students are asked to refer to the audio feed for clarification of any errors. If you find captioning errors that are offensive, please contact your instructor and/or teaching assistant so that they are aware. If you require captions as part of an academic accommodation, please contact [CAL](#).

Commitment to Inclusivity, Diversity, and Respectful Environments in the Classroom and Online

The University of Victoria is committed to providing a positive and supportive and safe learning and working environment for all its members. All members of the university community have the right to this experience and the responsibility to help *create* such an environment. The University will not tolerate racism, sexualized violence, or any form of discrimination, bullying, or harassment.

Please be advised that, by logging into UVic's learning systems or interacting with online resources and courserelated communication platforms, you are engaging in a University activity.

All interactions within this environment are subject to the university expectations and policies. Any concerns about student conduct may be reviewed and responded to in accordance with the appropriate university policy.

To report concerns about online student conduct: onlineconduct@uvic.ca

Copyright

All course content and materials are made available by instructors for educational purposes and for the exclusive use of students registered in their class¹. The material is protected under copyright law, even if not marked with ©. Any further use or distribution of materials to others requires the written permission of the instructor, except under fair dealing or another exception in the Copyright Act. Violations may result in disciplinary action under the [Resolution of Non-Academic Misconduct Allegations policy \(AC1300\)](#) or the [Academic Integrity Policy](#), whichever is more appropriate for the situation.

Course Experience Survey (CES)

The instructor values your feedback on this course. Toward the end of term, you will have the opportunity to complete a confidential course experience survey (CES) regarding your learning experience. The survey is vital to providing feedback to the instructor regarding the course and their teaching, as well as to help the department improve the overall program for students in the future. When it is time for you to complete the survey, you will receive an email inviting you to do so. If you do not receive an email invitation, you can go directly to <http://ces.uvic.ca>. You will need to use your UVic NetLink ID to access the survey, which can be done on your laptop, tablet or mobile device. You will be reminded nearer the time, but please be thinking about this important activity, especially the following three questions, during the course.

1. What strengths did your instructor demonstrate that helped you learn in this course?
2. Please provide specific suggestions as to how the instructor could have helped you learn more effectively.
3. Please provide specific suggestions as to how this course could be improved.

Disclaimer

The above schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances.

Grading

In classes that are based on a percentage grading scheme, the following [Undergraduate Grading Scale](#) is used

| Grade | A+ | A | A- | B+ | B | B- | C+ | C | D | F |
|------------|--------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| Percentage | 90-100 | 85-89 | 80-84 | 77-79 | 73-76 | 70-72 | 65-69 | 60-64 | 51-59 | < 50 |
| GP Value | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 0 |

Rounding is only applied to the final grade and is rounded up at the 0.5% level (e.g., 84.49% is round to 84% and 84.50% is rounded to 85%).

Medical Documentation for absences

No medical documentation for short-term absences is required (Approved by Senate).

If you are seeking a Withdrawal Extenuating Circumstances or an Aegrotat grade, medical documentation may be required if relevant.

Ombudsperson and Academic Concerns

From the course calendar...

Depending on the nature of the academic matter of concern to the student, the order in which the student should normally try to resolve the matter is: first, the course instructor; second, the Department Associate Chair; third, the Dean of the faculty; and finally, the Senate.

If you are having an academic concern or problem that cannot be resolved with your instructor or the Department Associate Chair, you may wish to consult with the Office of the Ombudsperson (<https://uvicombudsperson.ca>). Current contact information for the office can be found here <https://uvicombudsperson.ca/contact/>.

¹ Syllabi belong to the department through which the course is administered.

Policy on Academic Integrity including Plagiarism and Cheating

The Department of Psychology fully endorses and intends to enforce rigorously the [Senate Policy on Academic Integrity](#). It is of utmost importance that students who do their work honestly be protected from those who do not. Because this policy is in place to ensure that students carry out and benefit from the learning activities assigned in each course, it is expected that students will cooperate in its implementation.

The offences defined by the policy can be summarized briefly as follows:

1. **Plagiarism.** You must make sure that the work you submit is your work and not someone else's. There are proper procedures for citing the works of others. The student is responsible for being aware of and using these procedures.
2. **Unauthorized Use of an Editor.** The use of an editor is prohibited unless the instructor grants explicit written authorization.
3. **Multiple Submission.** Only under exceptional circumstances may a work submitted to fulfill an academic requirement be used to satisfy another similar requirement. The student is responsible for clarifying this with the instructor(s) involved.
4. **Falsifying Materials Subject to Academic Evaluation.** This includes falsification of data, use of commercially prepared essays, using information from the Internet without proper citation, citing sources from which material is not actually obtained, etc.
5. **Cheating on Assignments, Tests, and Examinations.** You may not copy the work of others in or out of class; you may not give your work to others for the purpose of copying; you may not use unauthorized material or equipment during examinations or tests; and you may not impersonate or allow yourself to be impersonated by another at an examination. The Department of Psychology has a policy of not making old examinations available for study purposes. Therefore, use of old exams without the express written permission of the instructor constitutes cheating by the user, and abetting of cheating by the person who provided the exam.
6. **Aiding Others to Cheat.** It is a violation to help others or attempt to help others to engage in any of the conduct described above.

Instructors are expected to make every effort to prevent cheating and plagiarism. This may include the assignment of seating for examinations, asking students to move during examinations, requests to see student identification cards, and other measures as appropriate. Instructors also have available to them a variety of tools and procedures to check for Internet and electronic media-based cheating. In instances of suspected or actual plagiarism or cheating, instructors, following prescribed procedures, are authorized to take steps consistent with the degree of the offence. These measures will range from a zero on the test or assignment or a failing grade for the course, probation within a program to temporary or even permanent suspension from the University.

Rights of Appeal are described in the Policy on Academic Integrity in the University calendar January 2023.

The definitive source for information on Academic Integrity is the University Calendar **Other useful resources on Plagiarism and Cheating include:**

1. The Ombudsperson's office: <https://uvicombudsperson.ca/academic-integrity/>
The **Office of the Ombudsperson** is an independent and impartial resource to assist with the fair resolution of student issues. A confidential consultation can help you understand your rights and responsibilities. The Ombudsperson can also clarify information, help navigate procedures, assist with problem-solving, facilitate communication, provide feedback on an appeal, investigate and make recommendations. Phone: 250-721-8357; Email: ombuddy@uvic.ca; Web: uvicombudsperson.ca.

2. UVic Library Resources: <http://www.uvic.ca/library/research/citation/plagiarism/>
3. UVic Library Document on **Avoiding Plagiarism**

Prerequisites

Students who remain in courses for which they do not have the prerequisites do so at their own risk. Students who complete courses without prerequisites ARE NOT exempt from having to complete the prerequisite course(s) if such courses are required for the degree program.

Program Requirements

For more information see the [UVic Calendar](#).

Registration Status

Students are responsible for verifying their registration status. Registration status may be verified using My Page, View Schedule. Course adds and drops will not be processed after the [deadlines](#) set out in the current UVic Calendar.

Students who do not attend classes must not assume that they have been dropped from a course by an academic unit or an instructor. Courses that are not formally dropped will be given a failing grade, students may be required to withdraw and will be required to pay the tuition fee for the course.

Request for Academic Concessions: In the Event of Illness, Accident or Family Affliction

Request for Academic Concession form: <http://www.uvic.ca/registrar/assets/docs/record-forms/rac.pdf>

- **What to do if you miss the final exam scheduled during the formal exam period**
Apply at Records Services for a “Request for Academic Concession”, normally within 10 working days of the date of the exam. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student’s academic record.
- **What to do if you miss an exam other than one scheduled during the formal exam period**
Do not apply at Records Services for a “Request for Academic Concession”. Instead, contact your course instructor (or designated teaching assistant) to let them know why you missed the exam and include the [in-course extension form](#) if required. Medical documentation is not required.
- **What to do if you require additional time to complete core course requirements**
Apply at Records Services for a “Request for Academic Concession”, normally within 10 working days of the end of the course. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation. Where a concession is not applied for or where such application is denied, an N grade will be entered on the student’s academic record if the missing work has been deemed required. Note, only required course components may be deferred.

Research Participation Opportunities with the Department of Psychology

The Department of Psychology offers multiple opportunities to participate in research studies over the year. Students are encouraged to learn more about the field of psychology by volunteering in these studies. Information about studies can often be found posted on notice boards around the Department as well as through our Participant Pool webpage at <https://www.uvic.ca/socialsciences/psychology/research/participants/>.

Student Support Services

[Learn Anywhere](#) is the student support portal for a full range of student academic and support services. Services include: [Centre for Academic Communication](#), [Math & Stats Assistance Centre](#), [Counselling Services](#), [Health Services](#), [Library](#), [Ombudsperson](#), and [Computer Help Desk](#)

This classroom is a trans-inclusive space

Please indicate if you have a preferred name and pronoun that you'd like to be used in the classroom. Please email your instructor or your TA if you would like to discuss the climate of this classroom for trans students. Gender neutral bathrooms are available at UVic.

University of Victoria Students' Society (UVSS)

The [UVSS](#) is a social justice based non-profit run by students, for students and is entirely separate from UVic. As an undergrad student, you are already a member! We work on issues affecting students such as affordability, public transit, sexualized violence, sustainability, student employment, and much more. We fund clubs and course unions, and have several advocacy groups. We also have a Food Bank and Free Store, a Peer Support Centre, and run your health and dental plan. We are here to support you, so please reach out to us at [uvss.ca](#)!

Academic Important DatesWinter session - second term (January – April)

| | |
|---|---|
| Monday, Jan 9 th | Second term classes begin for all faculties |
| Sunday, Jan 22 nd | Last day for 100% reduction of second term fees for standard courses 50% of tuition fees will be assessed for courses dropped after this date. |
| Wednesday, Jan 25 th | Last day for adding courses that begin in the second term |
| Tuesday, January 31 st | Last day for paying second term fees without penalty |
| Sunday, Feb 12 th | Last day for 50% reduction of tuition fees for standard courses 100% of tuition fees will be assessed for courses dropped after this date. |
| Feb 20 th - Feb 24 th | Reading Break for all faculties |
| Tuesday, Feb 28 th | Last day for withdrawing from full year and second term courses without penalty of failure |
| Thursday, Apr 6 th | Last day of classes in second term for all faculties |
| Apr 11 th - Apr 26 th | Second-term formal examination period |

Sexualized Violence Prevention and Response at UVic

UVic takes sexualized violence seriously, and has raised the bar for what is considered acceptable behaviour. We encourage students to learn more about how the university defines sexualized violence and its overall approach by visiting www.uvic.ca/svp. If you or someone you know has been impacted by sexualized violence and needs information, advice, and/or support please contact the sexualized violence resource office in Equity and Human Rights (EQHR). Whether or not you have been directly impacted, if you want to take part in the important prevention work taking place on campus, you can also reach out:

Where: Sexualized violence resource office in EQHR, Sedgewick C119

Phone: 250.721.8021

Email: sypcoordinator@uvic.ca

Web: www.uvic.ca/svp



BE WELL

A note to remind you to take care of yourself. Do your best to maintain a healthy lifestyle this semester by eating well, exercising, getting enough sleep and taking some time to relax. This will help you achieve your goals and cope with stress. All of us benefit from support during times of struggle. You are not alone.

Social Life, Friends, & Community at UVic:

Having a social network is an extremely important foundation for positive mental health. There are lots of benefits to joining clubs, course unions, intramurals and teams on campus.

<https://www.uvic.ca/undergraduate/housing-student-life/student-life/index.php>

Counselling Services:

The Student Wellness Centre can help you make the most of your university experience. They offer free professional, confidential, inclusive support to currently registered UVic students.

<https://www.uvic.ca/student-wellness/contacts/student-wellnessteam/index.php#ipn-counsellors>

Health Services:

The Student Wellness Centre also provides a full service primary health clinic for students.

<https://www.uvic.ca/student-wellness/contacts/student-wellnessteam/index.php#ipn-physicians>

Centre for Accessible Learning:

The CAL staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations www.uvic.ca/services/cal/. The sooner you let us know your needs, the quicker we can assist you in achieving your learning goals in this course.

Elders' Voices:

The Office of Indigenous Academic and Community Engagement (IACE) has the privilege of assembling a group of Elders from local communities to guide students, staff, faculty and administration in Indigenous ways of knowing and being.

www.uvic.ca/services/indigenous/students/programming/elders/

Mental Health Supports and Services:

Mental health supports and services are available to students from all areas of the UVic community: <https://www.uvic.ca/student-wellness/wellness-resources/mental-health/>